

# New Fitness Concept at Muirhouse Community Centre

Zumba & Fitsteps "Together or Not" on Tuesday Nights.

David has introduced a new format of his popular forms of exercise by starting on Tuesdays with Zumba Class for 1 hour.

Participants can, if they want to (after a short break,) participate in the Fitsteps activity for a further hour.

*Costs are as follows: 1 hour of Zumba (on its own) 6.30 – 7.30pm £ 4.50*

*1 Hour of Fitsteps (on its own) 7.30 – 8.30pm £ 4.00*

*Zumba & Fitsteps (the full programme (6.30 – 8.30pm.) £7.00*

This is proving to be successful in its first weeks with all of the participants taking part in both activities. We will soon be able to claim our area as having the fittest and happiest people in Edinburgh !! So come along to the biggest fitness party in North Edinburgh and join in the fun for whatever, and whenever you want !!. – [See more here.](#)

Submitted by [Jim McGinty](#)

